

End-of-Life Planning Course

Living well, aging well and dying well all require thoughtful planning. This four-week course will help participants prepare for the medical, legal, emotional and spiritual aspects of approaching the end of life. Participants will be equipped to have necessary conversations with loved ones and make their end-of-life wishes known. Practical tools and worksheets will be shared for your own personal preparation for the end of life.

All classes will be held on Wednesdays in Strite Auditorium from 2:00 - 3:15 p.m.

February 5: “The Benefits of Planning Well: A Preparation Checklist”

- Facilitated by Meribeth Kraybill, Resident Services Manager
- Presentation by Mert Brubaker, End-of-Life Doula
- Reflections by Carolyn Nowlin, VMRC Resident

February 12: “What Does It Mean to Die Well: Advance Care Planning”

- Facilitated by Betsy Hay, MSW, and Mandy Slaubaugh, BSSW
- Presentation by Penny Driediger, Sentara RMH
- Presentation by Carla Craig, First Choice Hospice

February 19 : “What Happens Upon Death: Honoring Your Values”

- Facilitated by Steve Landis and Eric Martin, VMRC Chaplains
- Final arrangements for your earthly body
- Planning your memorial service

February 26: “Making Our Wishes Known: Estate Planning and Wills”

- Facilitated by Regina Schweitzer, VP of Residential Living
- Presentation by Leitner Law Group
- Getting your financial affairs in order

Register by calling the VMRC Wellness Center at 540-574-3850.
There is no cost to attend.

Sponsored by:

